Toronto metro

TUESDAY, JANUARY 10, 2017

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Clara Hughes

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FLU SEASON PEAKS IN TORONTO

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JOHANNA SCHNELLER

MY AMBASSADOR FOR EMPATHY MERYL STREEP

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Toronto metro

Your essential daily news | TUESDAY, JANUARY 10, 2017 | High 2°C/Low -2°C Snowy and rainy

MEET THE U OF T STUDENT BRINGING DIVERSITY TO HIGHER EDUCATION

Huda Hassan offered free help to black women looking to apply for grad school. The overwhelming response,

metroNEWS

EDUARDO LIMA/METRO

Toronto's non-existent ethnic enclave

DUNDAS-JARVIS

City's first indigenous business district in the works

Gilbert Ngabo
Metro | Toronto

Toronto boasts ethnic enclaves from Little India to Little Italy — there are even two Chinatowns — but there's no area dedicated to the city's indigenous roots.

Coun. Kristyn Wong-Tam wants to change that. Through partnerships with the Canadian Council for Aboriginal Business and the Mississaugas of the New Credit First Nations, she's working to secure 1,300 square metres of land near Dundas and Jarvis streets for the project.

The district could be a gathering place for indigenous entrepreneurs, Wong-Tam said, or serve as a venue for cultural events.

As someone of a Chinese descent who can always trace her heritage in the city, Wong-Tam says the lack of indigenous visibility in Toronto is "shocking."

"They've been here the longest but you'll not find an aboriginal BIA that's not tied to a land treaty or a reserve," she said.

In recent years, Toronto has acknowledged its location on traditional land, and city hall is poised to start flying the flags of First Nations on a permanent basis.

Establishing an indigenous cultural and business district is the next logical step, Wong-Tam said.

Chief Stacey Laforme of the Mississaugas of the New Credit First Nation said interest in the project is another example of how Toronto has been moving in the right direction when it comes to supporting indigenous residents.

"I think we deserve more diversity and this district would be a perfect way to show value and respect," he said. "You can't just make those statements and walk away. You have to meet the obligation of helping indigenous people of the country."

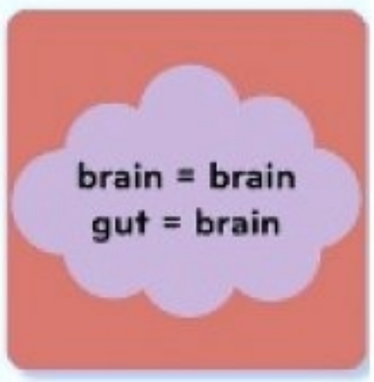
Our street design should be aligned by one rule: Here, transit moves first | **MATT ELLIOT** metroVIEWS

No time for coasting

CAMPAIGN

Art used to spark dialogue about sexual harassment

Gilbert Ngabo
Metro | Toronto



You may want to pay closer attention to that coaster next time you hit a Toronto bar for a pint.

Members of local curatorial project Aisle 4 have printed out 10,000 copies of special coasters to be distributed and used at 15 different bars starting next week. It's part of a campaign called On The Table, designed to use art to spark dialogue about gender-based violence and sexual harassment.

The coasters were created by four local artists, and contain graphics and messages ranging from the importance of consent to the role men can play in fighting against sexual violence, and how to be an ally towards women.

"We're just trying to see how we can help create safe spaces for women, through art," said Emily Fitzpatrick, one of the four women behind the campaign.

"Being in a bar, you're already having incredible conversation with friends anyway. So why not talk about these sexual violence issues while you're at it?"

Discussions about sexual violence in bars have come into limelight following a recent incident in Little Italy, where two men were charged last month for assaulting a woman.

The city is also looking into offering mandatory training to equip alcohol servers with skills to intervene if there's suspicion of sexual harassment.

Fitzpatrick said the hope is to expand the conversation beyond the bars, and keep people always aware of these issues all the time. Coasters will be distributed as part of the Toronto Offsite Design Festival but the campaign will try to continue even after the festival and reach a broader audience across the city.

Toronto digest

COSTUME CAPER

Angry Bird attacks tourist

A 24-year-old American tourist got more than he bargained for when he chirped at a man dressed as an Angry Bird about 2:30 a.m. Oct. 30 near Queen and Peter streets. Police say the tourist was attacked and his nose and jaw were broken after he made a comment.

Details were released Monday as police appealed for information on the accused described only as roughly 5 feet 11 inches.

COLIN MCNEIL/METRO

SUPERVISED INJECTION

City picks three sites

The provincial government has agreed to fund supervised injection services at three Toronto sites. The city has applied to build sites at Toronto Public Health-operated The Works at Yonge and Dundas streets; the Queen West Central Toronto Community Health Centre on Bathurst St.; and the South Riverdale Community Health Centre near Carlaw Ave.

TORSTAR NEWS SERVICE

PRISON

Rapist to be released

Serial rapist Selva Kumar Subbiah, 56, who assaulted more than two dozen women in the city, is due to be released from prison on Jan. 29 and authorities won't say whether he'll be deported to his native Malaysia or returned to the streets.

TORSTAR NEWS SERVICE

TREEHOUSE

Compromise reached

Contractor John Alpeza, lawyers for the city and his neighbour agreed to a compromise Thursday at a mediation hearing at the Ontario Municipal Board on the hulking $30,000 cedar treehouse he built in his Swansea yard for his sons.

Alpeza will move the playhouse a little further from the property line, lower it a little less than a metre and build a two-metre fence between it and his neighbour's yard.

TORSTAR NEWS SERVICE

IMPAIRED DRIVERS

Public shaming eyed

York Regional police say they're at their wit's end and are considering publicly identifying accused impaired drivers to shame them out of the offence.

TORSTAR NEWS SERVICE

Design festival celebrates seventh year

Good design is about more than fancy chairs and minimalist typefaces.

The Toronto Design Offsite Festival began in 2011 as a showcase for art and design dedicated to making our city more beautiful, livable and inclusive. To celebrate Design Offsite's seventh year, Metro Creative Director Jason Logan has hand-picked a list of exhibitions to check out.

We'll profile one every day until the festival kicks off Jan. 16.

Blindfolded walking tour 2017.

Led by artist Jonathan Silver, this walking tour reveals how architectural design isn't just about what we see, but also what we touch, feel and hear.

"It's surprising how much sounds and smells affect our experience of the city, yet how little importance we give them," Silver said.

Tours can be scheduled any day of the festival between 9 a.m. and 6 p.m. by visiting jonathansilver.ca. Admission is $40 for each group of two.

METRO PICKS

A blindfolded walking tour offered at Toronto Design Offsite festival. COURTESY JONATHAN SILVER

metro NEWS

Your essential daily news

Not all that glitters is gold, as people are swindled into buying bars of copper. **Canada**

A group of women waited longer than normal today for the bus on Queen's Quay near Sherbourne Street with buses being diverted to cover streetcar routes. TORSTAR NEWS SERVICE

TRANSIT

Rush-hour service cut on 13 routes

The TTC says a shortage of vehicles has forced it to cut service on more than a dozen bus routes during the busiest time of day.

Starting Monday, the transit agency has reduced morning rush hour service on 13 routes. The changes mean that buses will come less frequently, with customers on most of the affected lines facing wait times one or two minutes longer than usual. One route, the 51 Leslie, will also have service cut back during the afternoon rush hour.

TTC spokesperson Brad Ross said the root cause of the service reductions is the delayed delivery of new streetcars from rail manufacturer Bombardier. He said that the shortage of new streetcars, combined with the need to run buses on portions of streetcar routes has overstretched the bus fleet.

According to Ross, the TTC trimmed service on routes where doing so would have the least impact. "Our customers will notice minimal difference, if any," he said. He conceded that less frequent service could mean some of the routes will exceed the TTC's crowding standards, however.

Jessica Bell, executive director of the TTCriders advocacy group, charged that the transit agency could have avoided the service cuts if it had moved more quickly to buy new buses. TORSTAR NEWS SERVICE

AFFECTED BUSES

The service cuts affect the following routes:

- **14 Glencairn**
- **16 McCowan**
- **32 Eglinton West**
- **38 Highland Creek**
- **46 Martin Grove**
- **51 Leslie**
- **85 Sheppard East**
- **102 Markham Rd.**
- **112 West Mall**
- **123 Shorncliffe**
- **129 McCowan North**
- **190 Scarborough Rocket**

Paying it forward

EDUCATION

PhD student helping black women get into grad school

Vicky Mochama
Metro | Toronto

Huda Hassan wants to see more black women in the ivory tower.

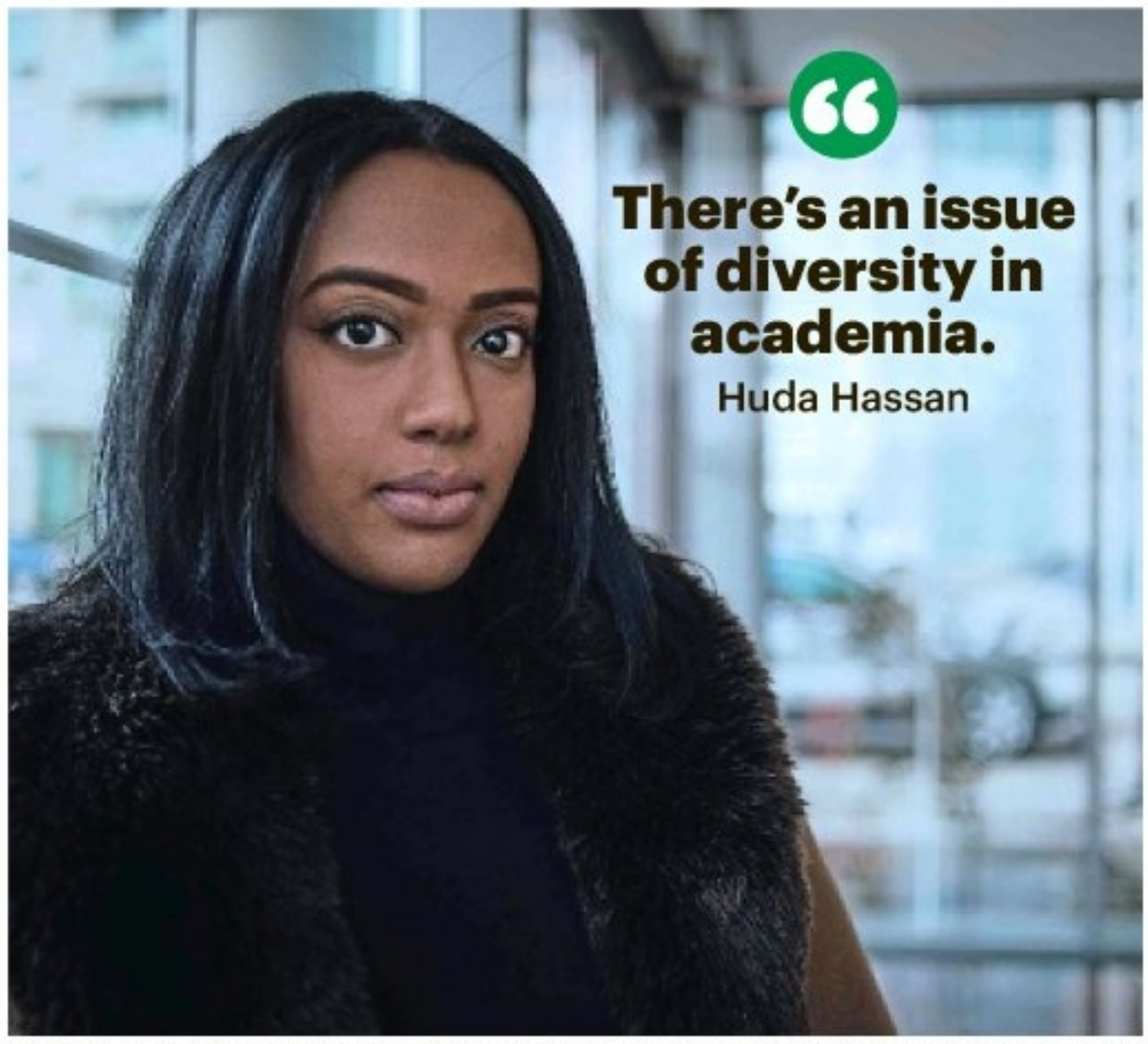
Hassan, a PhD student at the University of Toronto, is offering free help to black women who are applying to graduate school and she's been overwhelmed by the response.

Her offer went out via Twitter on Jan. 4, has been shared more than 2,500 times and led to 80 formal requests (and counting).

Four other female academics, including two black women, have now stepped up to help with the backlog. They'll be reviewing the personal statements that applicants submit as they apply in a bid to make sure everyone's putting their absolute best face forward.

"There's an issue of diversity in academia and there's definitely an issue of seeing black folk in academia," Hassan said, "I don't think that's a commentary on black folks. That's a commentary on the academy."

Twenty-four percent of visible minorities have a PhD but are not equally represented on the teaching staff at universities. A 2012 study by the Canadian Ethnic Studies Association concluded they were underrepresented at 14 out of 17 major universities.



Huda Hassan is offering free help to black women who are applying to graduate schools as a way to get more black women in academia. EDUARDO LIMA/METRO

Hassan sees the initiative as a way of paying forward the assistance she received from black women — often strangers — when she was first applying for her graduate degrees.

She's the first in her family to go to grad school, which she says, is not uncommon for immigrant and diaspora families.

"There's not a lot of folks in our families who might have the answers that we need," she said.

The volume of requests means she is turning some people away or referring them elsewhere. Working in conjunction with members of her department at U of T, Hassan plans to roll out a bigger version of this project next fall.

"All the black women have been so grateful and so appreciative," she added. "A lot of them have been trying to pay me even though I'm emphasizing it's free."

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Renters' guide to surviving winter

Winter can bring a host of problems for renters, from frozen pipes to drafty windows. Metro spoke with Geordie Dent of the Federation of Metro Tenants' Associations for his advice on what to do.

MAY WARREN AND ANDRÉS PLANA METRO

LEAKY CEILING

WHO'S RESPONSIBLE

"Any general maintenance issue is the landlord's responsibility," said Dent, "and it has to be dealt with as quickly as they can."

WHAT TO DO

Give them a call, and, as with many other issues, don't take no for an answer. If they don't respond "after a reasonable amount of time, call 311," said Dent.

DRAFTY WINDOW

WHO'S RESPONSIBLE

Basically your windows have to be installed properly," said Dent. "But if they're a little drafty, it's probably not going to be a violation of standards."

WHAT TO DO

If there's an extreme issue like a hole in the window, you can call the landlord. Otherwise you might have to live with it.

FROZEN PIPES

WHO'S RESPONSIBLE

This is your landlord's issue, he says.

WHAT TO DO

Contact the landlord, but remember your role: "If the landlord says, 'I need you to put this heater on to prevent the pipes from bursting,' and then you go on vacation for a month and don't tell them, you could be held responsible,'" Dent advises renters.

COLD/ HEAT

WHO'S RESPONSIBLE

Under a city bylaw, landlords must keep the temperature in apartments above 21 C Sept. 15 to June 1.

WHAT TO DO

If it's too cold in your unit, "write a letter to your landlord and ask them to fix the issue. But for any emergency or if you've already done that, you can always call 311," Dent said.

SNOW REMOVAL

WHO'S RESPONSIBLE

Some leases may ask tenants to clear snow outside the property, "but it's actually a landlord's responsibility pretty clearly under the law," Dent said.

WHAT TO DO

Call your landlord. If that doesn't work, Dent said you should send them a letter, and then call 311 to report them.

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Trudeau is giving his cabinet a shake

GOVERNMENT

PM to reshuffle team in wake of Trump presidency

Prime Minister Justin Trudeau is expected to give his year-old cabinet a facelift on Tuesday, shifting some weak ministers and promoting strong performers as his government braces for Donald Trump's imminent ascension to the U.S. presidency.

Sources tell The Canadian Press that the shuffle will involve at least six people.

Those expected to be moved include International Trade Minister Chrystia Freeland, who is believed likely to replace Stephane Dion at Foreign Affairs.

Freeland, a former economics journalist with extensive contacts in the United States, is credited with deftly navigating through some eleventh-hour obstacles that threatened last fall to scupper the Canada-European Union free trade agreement — potentially valuable experience for dealing with the incoming Trump administration.

Prime Minister Justin Trudeau holds a news conference after his cabinet was sworn in on Nov. 4, 2015. THE CANADIAN PRESS

Trump, whose inauguration takes place Jan. 20, has vowed to adopt an unapologetically protectionist, America-first policy on trade, including re-opening or even tearing up the North American Free Trade Agreement.

Dion's tenure at Foreign Affairs has been a rocky one, marred by controversy over his approval of a $15-billion arms deal with Saudi Arabia. His prickly demeanour could also be ill-suited to dealing with the unpredictable Trump, who has demonstrated a tendency to easily take offence.

Rumours have swirled for months that Dion was to be named ambassador to France but he has denied any interest in the plum post.

News of the shuffle leaked out Monday, just as the Prime Minister's Office confirmed that Trudeau's two top aides, Katie Telford and Gerald Butts, have been meeting with some of Trump's senior advisers, building bridges to the incoming administration.

Also believed to be in the shuffle mix are Status of Women Minister Patty Hajdu, seen as a strong performer, and Democratic Institutions Minister Maryam Monsef, widely criticized for her handling of Trudeau's promise to reform Canada's voting system.

THE CANADIAN PRESS

Edmonton crooks spin copper into gold

Kevin Maimann
Metro | Edmonton

About once a month, someone comes into Sarah Patterson-Robert's store trying to hawk fake gold.

"Usually I can tell really quick whether or not they know that it's fake and they're trying to rip me off, because they'll make a face when I say I have to test it, or they'll grab it and run," said Patterson-Robert, who's the manager of Edmonton Gold, a shop that buys and sells precious metals.

"Occasionally the person trying to sell it to me was ripped off, because they are just devastated when they're told it's fake."

Indeed, some Edmontonians got a painful reminder Monday that not all that glitters is gold.

Police say about 20 merchants and individuals in the city have been swindled into buying bars of fake gold for $300 to $800 each.

Their actual value? Less than one dollar apiece.

"It's a significant loss of money for them," said Edmonton Police Service Const. Robert Wellon.

IN BRIEF

Conservative MP calling for vacation investigation

Tory leadership candidate Andrew Scheer has asked Parliament's ethics commissioner to decide whether Justin Trudeau's family vacation to the Aga Khan's private island that constitutes a conflict of interest for the prime minister. TORSTAR NEWS SERVICE

Marineland facing more charges of animal cruelty

Marineland was charged Monday with six counts of animal cruelty, but the company dismissed the allegations, accusing Ontario's animal welfare agency of acting on behalf of "a band of discredited activists."

THE CANADIAN PRESS

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Popular Obama didn't quite unite

UNITED STATES

Over half of Americans hold favourable view of president

More Americans feel Barack Obama's presidency divided the country than feel it brought people together, a new poll shows. Yet he leaves office held in high esteem by a solid majority.

Eight years after Obama's historic election, just 27 per cent see the U.S. as more united as a result of his presidency, according to an Associated Press-NORC Center for Public Affairs Research poll conducted after the 2016 election. Far more — 44 per cent — say it's more divided.

Those figures underscore one of the key contradictions of Obama's presidency. By and large, Americans like him. Yet, aside from the big "Obamacare" health care overhaul, he has been unable to translate that approval into congressional majorities to fulfil many of his goals.

"It's one of the few regrets of my presidency — that the rancour and suspicion between the parties has gotten worse instead of better," Obama said last January in his final State of the Union address.

Still, 57 per cent say they view Obama favourably, putting him way ahead of his predecessor, George W. Bush, and on par with Bill Clinton at the end of their two terms.

THE ASSOCIATED PRESS

An ale pectoral sandpiper near Barrow, Alaska, calls out in the hope of attracting a female. MAX PLANCK INSTITUTE FOR ORNITHOLOGY

WILDLIFE

'Failed Don Juans' always on the hunt

You fly more than 100 miles for love. You get rejected. You fly another 100 miles. Another rejection. And another.

That's the high-flying but futile sex life of the male pectoral sandpiper looking for love in northernmost Alaska, according to a new study.

Some males are more persistent than others. Researchers tracked one desperate small shorebird that logged more than 13,045 kilometres in two dozen different hookup attempts over a frenetic four weeks.

"They're definitely trying hard to flirt and court," said biologist Bart Kempenaers of the Max Planck Institute for Ornithology in Germany. "They are not particularly successful most of them. Failed Don Juans mostly."

Sandpipers migrate from South America to breeding grounds in the Arctic tundra in the summer. The males tend to be sex crazy during this time because females are only fertile for a few weeks.

"Copulations are incredibly rare," Kempenaers said. "The males need to try and try and keep at it." THE ASSOCIATED PRESS

IN BRIEF

Trump's son-in-law given presidential adviser role

Donald Trump's influential son-in-law Jared Kushner will join him in the White House as a senior adviser, transition officials said Monday, putting the young real estate executive in a position to exert broad sway over both domestic and foreign policy, particularly Middle East issues and trade negotiations. Kushner is married to Trump's daughter Ivanka.

THE ASSOCIATED PRESS

Yahoo changing its name

Yahoo will adopt a new identity and slash the size of its board if the proposed sale of its digital services to Verizon goes through. The company plans to change its name to Altaba Inc. after it turns over its email, websites, mobile apps and advertising tools to Verizon. The name is meant to reflect its transformation into a holding company for investments in China's Alibaba Group, and Yahoo Japan. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, January 10, 2017

EMMA TEITEL ON THE RIGHT TO DISCONNECT

At this very moment France is not in the business of building on the tools of mass communication; it's in the business of restricting them.

Despite a reputation for standoffishness (especially with tourists) the French have invented some of the most important mass communication tools in human history. These include the papermaking machine, the Bic Cristal ballpoint pen (who doesn't have one of those?), and the bane of high school principals everywhere: the mobile software that enables us to share photos on our cellphones en masse, i.e. the DNA of the nude selfie.

This history is interesting and odd, because at this very moment France is not in the business of building on the tools of mass communication; it's in the business of restricting them.

I'm referring to the country's new "right to disconnect law" that went into effect on New Year's Day (along with a series of other labour-related regulations): a law that makes it illegal for employers to intrude on employees' private time via email after working hours.

More specifically, the law requires that companies with 50 or more staff members work with unions and employees to devise a policy that prevents the intrusion of office emails into workers' leisure time. The "Right to Disconnect" policy comes on the heels of a French study about the scourge of so-called "info-obesity": the suffering health of French workers who are constantly connected to their emails outside working hours. Curtail that connection, argues French Labour Minister Myriam El Khomri, and everybody — bosses and charges alike — will be better off.

So it goes that the nation that invented the software that keeps Kim Kardashian's selfie empire afloat has taken a vow of technological temperance.

The question now for those of us who live outside of that nation is should we follow suit? Should we do as the French do, and demand: "No longer will our vacations be cut short by uncharitable bosses who refuse to respect the authority of our Out of Office autoreplies?" Our answer, judging by fawning headlines and editorials heralding the right to disconnect, is a resounding yes. As a rule, liberal North Americans love to heap praise on progressive European social policy, and it appears this case is no exception.

Now that France has passed a law that makes it illegal for employers to intrude on employees' private time via email outside working hours, the question for the rest of us is: Should we follow suit? TORSTAR NEWS SERVICE FILE

And why should it be? The law, after all, is a step in the right direction toward reviving the fast fading line between work and play (a line that is likely to go extinct without government intervention.)

But unfortunately, the law is also a Band-Aid solution to a much deeper problem. Excessive emailing isn't the prime enemy of leisure time in the modern work world. We are the enemy. That is, our addiction to technology is the enemy.

It's an addiction that motivates 87 per cent of U.S. workers, according to an American survey from 2015, to check their emails outside work hours everyday, and provokes the average smartphone user, according to a study from 2013, to check Facebook 14 times a day. It's an addiction, according to another study, from the U.K., that triggers university students who are separated from their technology for 24 hours to suffer withdrawal symptoms similar to those exhibited by heavy cigarette smokers.

It's an addiction, in other words, that cannot be legislated away, because its pervasiveness is as much the fault of Internet-obsessed employees as it is inconsiderate bosses. (I check my email almost every day when I am on vacation not because I think my employer is emailing me, but because I am addicted to my phone.)

In fact, one could argue that a prohibition against after-hours emailing is almost useless if it doesn't address the job pressures exacerbated by social media. Email, after all, is only one of many online communication tools available to employers. If you happen to work in public relations, or advertising, the line between personal and professional is often even blurrier; many people in these fields are required to post content to social media on behalf of their organizations — a duty that never sleeps and is rife with personal risk. Make a mistake in a rush, and your career and reputation could be in the gutter.

If your job involves social media — and even if it doesn't — it isn't unlikely that you follow your bosses and colleagues on Twitter, Facebook or Instagram. If this is the case, so long as you are logged onto to one of those platforms you are effectively never out of reach of your employer.

The truth, then, is that the disappearing line between work and leisure time cannot be restored by legislation alone. It will be restored only if — in addition to the passage of progressive labour laws — we decide to commit to the deeply personal work required to kick any powerful addiction.

Technology's pervasiveness is as much the fault of Internet-obsessed employees as inconsiderate bosses.

Emma Teitel is a columnist for the Toronto Star.

Let's give the TTC power to keep transit moving

TORY'S TORONTO
Matt Elliott

A pair of moves by Toronto politicians last week should help put the TTC on the right track.

First there was Mayor John Tory's letter to Premier Kathleen Wynne requesting the necessary approvals to allow TTC officials to direct traffic during transit disruptions. The mayor says he's also on board with changes that would allow TTC employees to ticket and tow cars belonging to the irredeemable jerks who block transit routes.

Then there was Coun. Mike Layton, who gave word he wants to see modern cameras on streetcars that automatically record licence plates and ticket the extra-irredeemable mega-jerks who illegally drive past streetcar doors when passengers are boarding.

These are good ideas. In a city less worried about those who claim there's some sort of nefarious "war on cars" they probably would have been implemented years ago.

But better late than never.

They're smart moves because they recognize that safe and efficient transit movement should always get priority over automobile traffic.

A single stalled car or idling delivery van should never hold up a bus or streetcar packed with dozens of people. The TTC should be able to quickly and unilaterally call up a tow truck and clear the route.

Similarly, the simple act of boarding a streetcar shouldn't turn into a game of chicken with impatient drivers. Anyone who puts riders in danger should face a huge, automatic traffic ticket.

But, hey, why stop there? Instead of just giving TTC a few new powers to keep transit moving, let's give them the super powers they need to fight the other regular occurrences that frustrate the hell out of riders.

For instance, the TTC should be able to suspend on-street parking and even close streets to non-transit traffic altogether during subway closures and other major diversions.

During scheduled weekend subway closures, there's no good reason why TTC shuttle buses should be dodging parked cars. And on days when there are unscheduled subway shutdowns, why not throw up some barricades and turn Yonge or Bloor into bus-only streets?

And while we're on a roll, let's empower the TTC to come forward with a list of traffic signal changes that could quickly improve transit quality. I'm talking about things like cars making left-turns off of Broadview onto Danforth, delaying streetcars as they leave Broadview Station, or the poorly-located King Street taxi stands downtown.

These everyday obstructions could be gone tomorrow. All it takes is a little effort, and a recognition that this stuff matters.

That starts with proper prioritization. Efficient vehicles carrying dozens of passengers shouldn't ever get held up by single-occupant cars. Toronto's street design and traffic enforcement should be aligned behind a simple rule: on our streets, transit moves first.

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metro LIFE

Your essential daily news

U2's stadium tour to celebrate the 30th anniversary of The Joshua Tree will kick off in Vancouver May 12

Why it seems like *everyone* is sick

Flu season is peaking at the same time as other respiratory viruses. **Genna Buck** reports on the hotspots, and what you can do to protect yourself from the perfect storm of sickness.

Genna Buck
Metro | Toronto

The sounds of hacking, sneezing and sniffling fill the halls of hospitals, workplaces and schools across Canada.

We're in the thick of a whopper sickness season, for two main reasons:

One: There's a particularly nasty flu — and a lot of it — going around. Two: Everything else is going around too.

Only a fraction of those who come down with flu-like symptoms are tested, so the real case count is certainly higher, but in the last two weeks of December, 3,177 people tested positive for flu in Canada. That's a ten-fold increase over the 298 cases diagnosed in the same period in 2015.

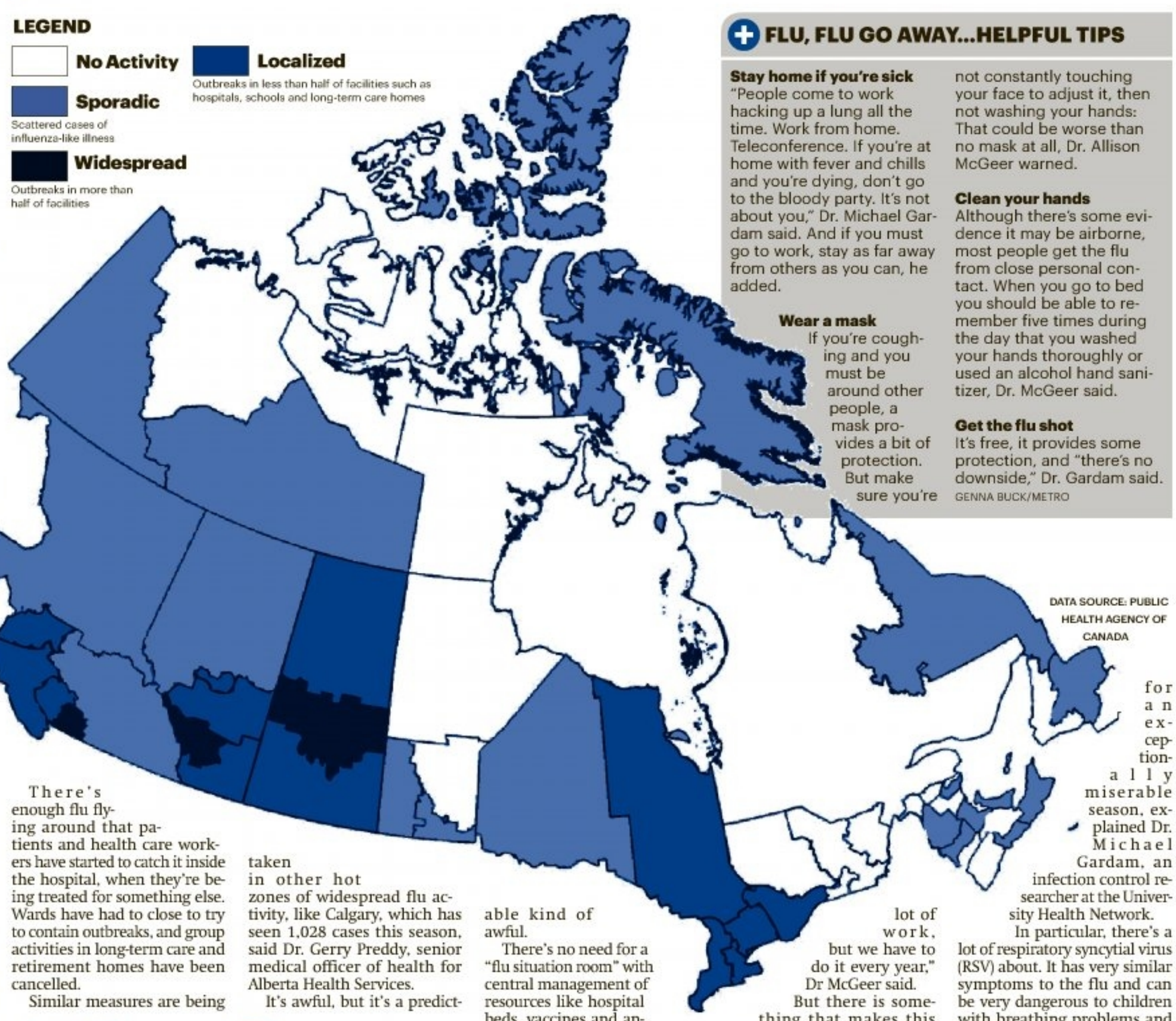
Blame it on H3N2, said Dr. Allison McGeer, a flu researcher and director of infection control at Toronto's Mt. Sinai hospital. That's the main strain of influenza going around this year. And although the flu shot developed to fight it seems to be a good match, it might not stay that way for long, because H3N2 mutates really, really quickly.

There's more: Through illness and vaccination, most people accumulate some immunity over the years to flu strains such as H1N1 and influenza B.

"With H3N2 it's not like that," McGeer said. "I've seen older people get two H3N2 infections six months apart. You don't accumulate immunity, so you're really dependent on this year's vaccine."

So H3N2 hits the old and frail the hardest. The flu shot also doesn't work very well on them, making it doubly important for the healthy adults around them — family members and health-care workers — to get their shots, McGeer said.

Although public health people around the country are extremely busy at the moment (Dr. McGeer's pager went off twice during our 30-minute chat), she was quick to say it's not a crisis.


LEGEND
No Activity
Sporadic
Scattered cases of influenza-like illness
Widespread
Outbreaks in more than half of facilities
Localized
Outbreaks in less than half of facilities such as hospitals, schools and long-term care homes
DATA SOURCE: PUBLIC HEALTH AGENCY OF CANADA

There's enough flu flying around that patients and health care workers have started to catch it inside the hospital, when they're being treated for something else. Wards have had to close to try to contain outbreaks, and group activities in long-term care and retirement homes have been cancelled.

Similar measures are being taken in other hot zones of widespread flu activity, like Calgary, which has seen 1,028 cases this season, said Dr. Gerry Preddy, senior medical officer of health for Alberta Health Services.

It's awful, but it's a predictable kind of awful.

There's no need for a "flu situation room" with central management of resources like hospital beds, vaccines and anti-viral medications, like there was during the swine flu pandemic of 2009 and SARS in 2003.

"That's for situations that are beyond our capacity — this is just a flu season. There is a need for a lot of communication. It is a lot of work, but we have to do it every year," Dr McGeer said.

But there is something that makes this year different: other, non-flu respiratory viruses the Public Health Agency of Canada keeps track of are peaking at the exact same time as flu.

A hockey-stick-like spike in the various respiratory viruses began before Christmas, making for an exceptionally miserable season, explained Dr. Michael Gardam, an infection control researcher at the University Health Network.

In particular, there's a lot of respiratory syncytial virus (RSV) about. It has very similar symptoms to the flu and can be very dangerous to children with breathing problems and premature babies.

"My guess is we're two-thirds of the way through the peak of this," Gardam said. "It's not just flu. I want you to get your flu shot, but we can't rely on your flu shot as your only control measure."

If you're at home with fever and chills and you're dying, don't go to the bloody party.
Dr Michael Gardam

+ FLU, FLU GO AWAY...HELPFUL TIPS

Stay home if you're sick
"People come to work hacking up a lung all the time. Work from home. Teleconference. If you're at home with fever and chills and you're dying, don't go to the bloody party. It's not about you," Dr. Michael Gardam said. And if you must go to work, stay as far away from others as you can, he added.

Wear a mask
If you're coughing and you must be around other people, a mask provides a bit of protection. But make sure you're not constantly touching your face to adjust it, then not washing your hands: That could be worse than no mask at all, Dr. Allison McGeer warned.

Clean your hands
Although there's some evidence it may be airborne, most people get the flu from close personal contact. When you go to bed you should be able to remember five times during the day that you washed your hands thoroughly or used an alcohol hand sanitizer, Dr. McGeer said.

Get the flu shot
It's free, it provides some protection, and "there's no downside," Dr. Gardam said.

GENNA BUCK/METRO

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Our empathy ambassador

The background buzz at the Golden Globes fell silent as Meryl Streep delivered her stirring speech. CONTRIBUTED

THE SHOW: The 2017 Golden Globe Awards (NBC/CTV)
THE MOMENT: Meryl's speech

There was only one moment that mattered. Accepting her lifetime achievement award, Meryl Streep stood on stage. She held notes, but she didn't need them.

She said that everyone in Hollywood — in America — came from somewhere else. Then she cut to the quick: "An actor's only job is to enter the lives of people who are different from us and let you feel what that feels like," she said. "But there was one performance this year that stunned me…. There's nothing good about it. But it did its job.

"It was that moment when the person asking to sit in the most respected seat in our country imitated a disabled reporter, someone he outranked in privilege and power and the capacity to fight back." She finished by calling on everyone to support the principled press, "because we're going to need them going forward and they'll need us to safeguard the truth."

Throughout the broadcast, background noise had buzzed from the bar. But now Streep's raw voice was the only sound. You could feel the room holding its breath.

It's impossible to do justice to how gutsy and thrilling Streep's decision was to make this speech. Most honourees speak about their careers. Streep's been honoured so much, she's past that. This is her lifetime achievement: to have earned the ability to hold the world still for five minutes to say something necessary.

She showed all of us whose hearts are broken by Trumpism a way forward. Not through anger, but through truth. She's our ambassador for empathy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

FACT CHECK

Rating Streep's records
While "overrated" is an opinion, Streep holds the record for the most Academy Award nominations of any actor. She has earned 19 Oscar nods and three wins, as well as a record 29 Golden Globe nominations and eight wins, and two Emmy Awards. THE ASSOCIATED PRESS

SOUNDING OFF ON STREEP TRUMP & CO. REACT

Hollywood's leading lady found herself in the firing line when the president-elect woke up Monday morning. METRO/THE ASSOCIATED PRESS

Meryl Streep, one of the most over-rated actresses in Hollywood, doesn't know me but attacked last night at the Golden Globes. She is a Hillary flunky who lost big.
Donald Trump

I'm a lifelong fan of your work but also a lifelong martial artist. Please be my guest at the LA Forum on January 21st and you will see that mixed martial arts is truly artistic.
Scott Coker, the head of Bellator MMA, invites Streep to an event after her MMA jibe in the speech

This Meryl Streep speech is why Trump won. And if people in Hollywood don't start recognizing why and how — you will help him get re-elected.
Senator John McCain's daughter, Meghan McCain, a Fox News host.

Now I hope that Meryl Steep will use her power and influence to ensure that TV and movies include people with disabilities with accurate and positive portrayals.
Jennifer Laszlo Mizrahi, president of RespectAbility, a nonprofit advocating for people with disabilities

Elisabeth Moss plays the role of Offred in Margaret Atwood's A Handmaid's Tale, shot in Toronto by Hulu. CONTRIBUTED

A HANDMAID'S TALE

Moss finds fresh meaning in Atwood

Elisabeth Moss has long been prominent on the television front lines in the fight against sexism.

As secretary Peggy Olson, she rose through the ranks of misogynistic executives during the Mad Men era. But her character in Margaret Atwood's A Handmaid's Tale takes the glass ceiling to another level.

In the Canadian author's celebrated novel, Offred lives in a fundamentalist society that was once the United States. Gilead is faced with a declining birth rate and women are treated as property of the state.

The name "Offred" literally means "Of Fred," the commander to whom she is bound in servitude. The tale is once again about the imbalance of power in society, this time told through the broader lens of speculative literature.

"It's incredible that it has such meaning today and it was written more than 30 years ago," Moss says.

Moss read Atwood's work years ago and has since reread it several times "till it was dog-eared" to get insight into her character. That included meeting with Atwood herself in Toronto where the series by streaming service Hulu is shot. Co-stars include Alexis Bledel (Gilmore Girls), Samira Wiley (Orange Is the New Black) and Joseph Fiennes (Shakespeare in Love).

"We talked a bit. I asked her a few questions as to what she was thinking when she wrote it," said Moss. "But the funny thing is, it's all there in the book. If we do a scene from the book, I always read it. It's so intimate the way she wrote it. My greatest reference and the closest I can get to Margaret Atwood is in that book."

Atwood didn't give her any specific advice, said Moss. "That's what's so cool about her. She has given us total confidence and freedom. It's allowed us to believe in ourselves."

Moss is riding high with two critical Emmy-worthy series this year. Director Jane Campion's thriller Top of The Lake returns this year for a second season (Moss was nominated for an Emmy for the first). But A Handmaid's Tale could be her most challenging work yet.

Adapting the show to TV is something of a risk. The high-profile but joyless 1990 screen adaptation, drafted by Harold Pinter and starring Natasha Richardson and Faye Dunaway, was a flop, earning $5 million at the box office and costing $13 million. TORSTAR NEWS SERVICE

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LEARNING CURVE

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More ways to delve into security management

In response to demand from students and law enforcement officials for a college-level program in the area of security, intelligence and counterterrorism, George Brown College is launching a certificate program this month.

"This program is intended to enhance the knowledge and skills of those already working in the field of security intelligence, critical infrastructure protection and of first responders such as law enforcement," says Pat Marten-Daniel, chair of nursing and emergency management at George Brown's Centre for Continuous Learning, which designed and will facilitate the offering.

Security, intelligence and counterterrorism consists of five courses that examine the nature of terrorism and security from the legal, political, economic, psychological and sociological perspectives of a first responder. These perspectives are explored through research and best practices, and the use of experts. The offering also looks at threat and risk assessment processes and the counterterrorism measures used to protect people and property.

Keith P. Melo is the program coordinator for the cluster of programs within the Centre for Continuous Learning that address safety, security and emergency management. He says students can expect a balance of theory and practical application.

"Students have the opportunity for hands-on learning through a number of different simulations and role play," says Melo. "We developed courses that include practical exercises in which students apply specific strategies to a case study or simulated event."

A compressed continuing education delivery, with weekend classes at George Brown's Casa Loma campus, allows learners to register in courses individually and pay on a course-by-course basis. Additionally, says Marten-Daniel, the college is working on alternative delivery methods.

"We are working toward offering online versions of all the courses in the program so that students have the flexibility of choosing to take a course in-class or online," she says. "The program's terrorism course is the first course in the program to be offered online."

Melo says for those already working in the field, completing the certificate may result in the opportunity for promotion. Graduates can aspire to job titles such as intelligence officer, operations analyst and intelligence analyst.

"This program is current and relevant in today's world of terrorism and counter-terrorism," he says.

Counting his chickens after film career plans have been hatched

What happens when a strictly vegetarian Indian woman accidentally eats a chicken dish at her retirement party and can't get the delicious taste out of her mind? She travels to a barbecue festival in Burlington where she finds much more than the special recipe. At least that's how Rahul Chaturvedi imagines it in his movie Forbidden Tikka Masala, which deals humorously with coping with the onset of old age in a foreign culture.

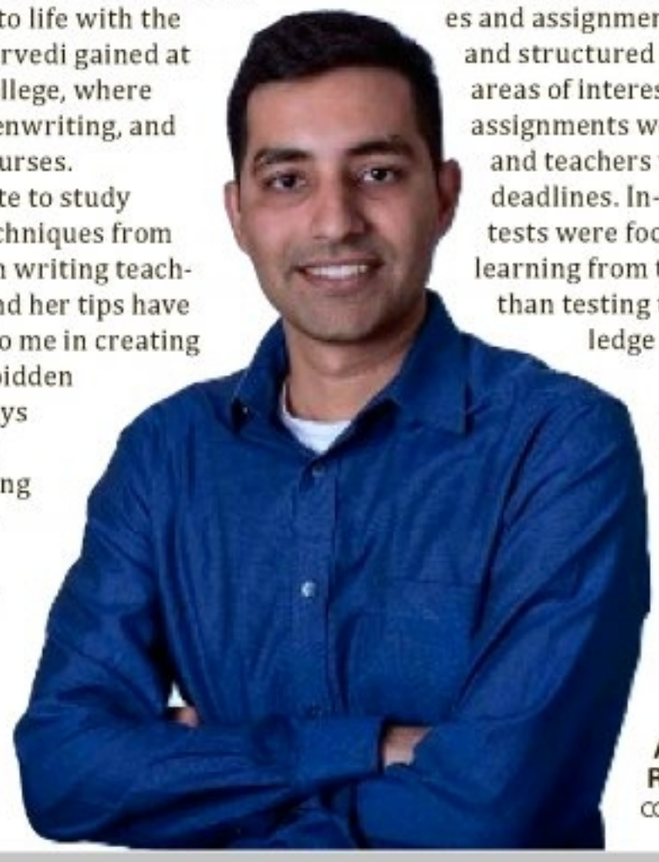
It is a project that has already won the aspiring filmmaker a "pitch" competition, with a $3,000 value, through the Toronto Reel Asian International Film Festival — and is coming to life with the knowledge Chaturvedi gained at George Brown College, where he attended screenwriting, and film and video courses.

"I was fortunate to study screenwriting techniques from my George Brown writing teacher, Nika Rylski, and her tips have been invaluable to me in creating the story for Forbidden Tikka Masala," says Chaturvedi, who is currently writing the script for the movie, of one of the six part-time courses he attended. "Also, although I am still a beginner in the industry, I credit my education from George Brown with introducing me to other filmmakers, and giving me the credibility and confidence to pursue my passion."

George Brown currently offers 11 film and video courses and seven screenwriting courses. And Chaturvedi — who completed dialogue writing, two levels of screenwriting, digital video editing, history of cinema and cinematography, and lighting and sound production from 2013 to 2015 — says while the classes vary widely in subject matter and delivery they do share some commonalities.

"The breakdown of material into classes and assignments gave me a clear and structured learning path in my areas of interest," he says. "Class assignments were reasonably sized and teachers were flexible with deadlines. In-class, meanwhile, tests were focused on practical learning from the course, rather than testing theoretical knowledge of the students."

Instructors, he says, also ensure that students are aware of networking and funding opportunities as well as industry grants.



Aspiring filmmaker Rahul Chaturvedi
CONTRIBUTED

Continuing education courses in screenwriting and film and video

Through George Brown's continuing education option, you can attend various courses in screenwriting and film and video. Here is a breakdown of those courses:

Screenwriting courses

- *Comedy writing*
- *Creating an original TV series*
- *Dialogue writing*
- *Screenwriting I – write your own screenplay*
- *Screenwriting II*
- *Screenwriting III*
- *Writing TV scripts that sell*

Film and video courses

- *Business of film*
- *Cinematography, lighting and sound production*
- *Digital video editing*
- *Digital video production*
- *Directing actors for the screen*
- *Documentary filmmaking*
- *Film studies*
- *History of the cinema*
- *Introduction to film and video production*
- *Legal issues in arts, media and entertainment*
- *Motion graphics and visual effects*

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'There are many incredible career choices in the arts world'

In response to alumni and industry demand, Humber College is launching three new graduate certificate programs focused on offering students professional skills for the arts industry.

"We currently have very successful undergraduate programs in music and in comedy," says Steve Bellamy, the dean of Humber's School of Creative and Performing Arts. "What we are hearing from graduates, and what we are hearing from industry, is that there is a demand for advanced business and writing skills in the fields of music and comedy."

One of the offerings, music business, launches in May as a two-semester program that has been condensed into an intensive summer delivery model from May to August, followed by an internship requirement in the fall. The other two offerings, music composition and comedy writing, are being facilitated online starting September.

"The programs are similar in the sense that they are all graduate certificates and are very focused on professional skills for industry," says Bellamy. "Each program brings industry experts together with mature students in order to develop the students' applied skills in each particular industry."

CONTRIBUTED

Aside from these commonalities, the programs cover vastly different content. Music composition, says Bellamy, focuses on skills in melodic and harmonic development, musical forms, themes and styles, composing for large and small ensembles, and composing music for film, TV and video games. Music business is all about the spectrum of business issues in music, from finance, brands and media, to contracts, legal, artist management, sales and marketing and copyright issues. And in comedy writing students learn about creating characters, stories, and narration, as well as developing their skills and knowledge of fiction and non-fiction, editing, pitching and business.

THERE IS A DEMAND FOR ADVANCED BUSINESS AND WRITING SKILLS IN THE FIELDS OF MUSIC AND COMEDY
– Steve Bellamy, dean of Humber's School of Creative and Performing Arts

"The idea that the arts don't offer viable careers is false," says Bellamy. "We have graduates who are artists such as musicians, actors, comedians and writers. We also have graduates who are theatre production experts, writers for network television, showrunners, managers and businesspeople for theatres, museums and other arts organizations, just to name a few. There are many incredible career choices in the arts world."

Among Humber's arts alumni are comedian Debra DiGiovanni and musician Laila Biali.

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How to make good on your healthy eating resolution

Your New Year's resolution is to eat healthier but you're not sure how to incorporate better choices in your own kitchen? Centennial College recently launched two new certificate programs that may hold the key to helping you keep your resolution.

"Our part-time healthy culinary arts and healthy baking arts certificate programs are designed to give people the tools to do healthier at home," says James Smith, chair of Culinary and Baking Arts and Operations at Centennial's School of Hospitality, Tourism and Culinary Arts. "These courses aren't about reinventing the wheel but giving people the ability the control to what they eat and ensure they are successful."

Both programs are comprised of four interactive courses that start with an introductory Level 100 offering that familiarizes students with the basics. The healthy baking arts certificate then delves into gluten-free baking, healthy sweets and desserts, and artisan bread baking while healthy culinary arts explores healthy breakfast and brunch, healthy soups salads and sandwiches, and healthy gourmet global dinners.

"Our courses teach students that living a healthier lifestyle isn't always all or nothing but instead it is about finding a balance," says Smith. "We look at alternatives so they learn ways to reduce certain ingredients and show them how to maximize the health benefits of other ingredients."

Evening delivery, from 6:30 to 9:30 p.m., of each 18-hour course makes the programs accessible to those with busy lifestyles, says Smith.

During the courses, students practice and enhance their professional technical skills in either Centennial's state-of art culinary labs or commercial baking and pastry labs, depending on their chosen stream. Instructors in both healthy culinary arts and healthy baking arts programs guide students through every step of the recipes they create.

"The stress of watching a demo for an hour and then cooking for two is not conducive to effective learning," says Smith.

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"In our courses, the professors do a bit then you do a bit. It is assisted cooking with help at each step."

Smith says students also get to take home all of their healthy creations to test out on family and friends.

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The device on the desk debate

ISTOCK

Joy to the world, the gadgets have come. Every new and shiny electronic device you could have asked for has landed in your lap over the holidays and you can't wait to show each one off to your post-secondary peers. But hold on a minute before connecting your portable device in the classroom, because it might not be as welcome there as it was under the tree.

"Used properly, they definitely enhance learning," says Lisa Symons, professor in the marketing program at Conestoga College, of portable electronic devices. "However, more often than not they aren't used properly."

"Even with a laptop or tablet, I would say only use it in class if you seriously can't write notes by hand," says Symons, adding that she exercises a no-device policy in some of her classes depending on the subject. "I would suggest even doing the same during a break — use that time to chat with other students and the instructor, not check your phone. It can wait."

IF YOU'RE EASILY DISTRACTED BY YOUR DEVICE, THEN IT'S UP TO YOU TO TURN IT OFF AND PUT IT AWAY DURING CLASS

– University of Alberta professor Gordon Gow

Gordon Gow, director and associate professor in the Communications and Technology Graduate Program at the University of Alberta agrees that these devices can offer an immense boost to students, provided they are applied to the learning situation.

"It's your education and your time and money," says Gow. "If you're spending the class time on Facebook, that's a decision that affects what you will get out of the experience."

"If you're easily distracted by your device, then it's up to you to turn it off and put it away during class," Gow adds. "If you're not there to learn then why be there at all?"

But much like the IPhone is to the Blackberry, not all classrooms are created equal. When it comes to the device debate, checking in with your professor might be the best way to go.

"Personally I don't have any policies or rules around electronics in the classroom," says Margaret Hughes professor in the Fitness and Health Promotion Program at Algonquin College. "They can have whatever tools they think will assist them through the lesson or activities available to them."

"It is safe to assume that portable devices will be in the classroom in some way, shape, or form," she adds. "So it is important for us to take advantage of that opportunity and tie it into our teaching methods."

Hughes suggests that if you're so gaga for your gadget that you can't imagine a class without it, figure out a way that it facilitates critical thinking, problem solving, and engagement and try communicating that to your educator.

"Suggest great videos, resources, or other learning tools that you may have come across to your prof that are relevant to your course."

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Break into an in-demand career

The new year is the perfect excuse to make the changes you need to kick-start your career.

If you're looking for a new calling, it's time to jump into something that ignites your interest and provides a welcome challenge.

Perhaps you've always enjoyed administrative work, number crunching or you've always been curious about running the financial side of a business. If so, a career in accounting and payroll administration may be for you.

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Francophone schools invite parents to check them out

CONTRIBUTED

This month, the conseil scolaire de district catholique Centre-Sud (CSDCCS), the second largest French language school board in Ontario, will open the doors to all of its 48 elementary schools when it welcomes parents of prospective students to its open house.

"We want to give parents enough time to get into the schools, visit the facilities, meet the staff and make informed decisions," says CSDCCS's director of education, André Blais. "Because we are the French Catholic School Board for the south-central region the province, we have schools on a wide territory and also tried to pick a time of year that was most suitable for parents to get out and about."

The CSDCCS, says Blais, encourages parents to bring their children to the open house, during which they can also expect to learn about the supports offered to learners, discuss daycare options, and explore the types of curricular and extracurricular activities that will enrich a child's school life.

"I think especially for young kids, the sooner you can establish that contact with adults in the school and expose them to their future surroundings, the better it is for everyone," he says. "Our top priority is ensuring our students are comfortable."

OUR TOP PRIORITY IS ENSURING OUR STUDENTS ARE COMFORTABLE
– André Blais, CSDCCS director of education

Parents will have the opportunity, during the open house, to register their child in the 100 per cent francophone environment. They may also choose to complete the registration online at their convenience. Students of the school board, says Blais, are exposed to French from morning prayer to classroom learning and extracurricular activities while also studying an increasingly diversified francophone culture as well as spirituality.

"The benefit of attending one of our schools is academic excellence," he says. "Our graduate rates are sitting at 90 per cent, compared to the 78 per cent provincial average among all school boards. The fact is that our kids are perfectly bilingual by the time they graduate and have an advantage in post-secondary education as well as in the job market."

In addition to its elementary schools, the CSDCCS, which serves 16,000 students, runs early year programs and high schools.

Learn more about CSDCCS open houses

For more information about CSDCCS's open houses, visit csdccs.edu.on.ca.

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'Students gain the leadership skills they need to become supervisors or managers'

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Sheridan | Get Creative

For the last five years, students of Sheridan College's honours bachelor of early childhood leadership program have not only been learning how to design and manage positive, learning-centred environments but also how to be progressive leaders and advocates in the field.

"One of the biggest differences between this program and a traditional early childhood education (ECE) program is that it is a four-year offering," explains program coordinator, Dasha Shalimo. "Aside from that, there is an emphasis on leadership in terms of understanding reflective practice, teamwork and shared knowledge, and advocacy. Essentially, students gain the leadership skills they need to become supervisors or managers in a variety of settings."

While the program attracts its fair share of already-working ECE professionals, Shalimo says it is also open to recent high school graduates. The first two years of the offering are designed to ensure an understanding of the field and establish the skills needed to become an early childhood educator. The remaining two years, meanwhile, offer a combination of theory and practice geared towards current policies that allow students to become informed advocates, says Shalimo.

"There are sometimes misconceptions that ECE is just playing with children," says Shalimo. "But students who may have that mind set soon learn that they must understand child development, psychology, health, communication, social and cultural factors, and be critical thinkers who can pull it all together to provide the best care and holistic development."

THERE ARE SOMETIMES MISCONCEPTIONS THAT ECE IS JUST PLAYING WITH CHILDREN

– Dasha Shalimo, program coordinator

To ensure students are fully equipped to enter the field once they graduate, Sheridan's program includes a strong applied component, which uses technology (developing an e-portfolio and publishing blogs as well as a mock website) and hands-on application that provides practical experiences in a simulated early learning classroom called a "curriculum room". The school's Davis and Trafalgar Road campuses both feature such settings, says Shalimo.

"Because the curriculum room is split into a replica of a real ECE environment and has an area with tables at which students work in small groups, it allows them to envision how they would set up a physical environment," she says. "We also invite kids from our lab school to partake in the room with students from the program. It is good training for the real world."

Before they graduate, students come in contact with the real world through three field placements that total 490 hours as well as a 14-week work-term internship that is 420 hours and may be completed in a variety of employment areas according to availability and based on a student's interest.

Continuing studies can renew your career

ISTOCK

Whether you have a position in mind but lack the credentials to apply, are in a rut at your current job or are new to Canada and looking to enter the workforce, University of Toronto's School of Continuing Studies has the courses and programs to help you renew and advance your career, says Kristine Collins, director of academic programs.

"I think there's a misconception that continuing studies is basket weaving and guitar lessons and while in some contexts it is, at the School of Continuing Studies it is linked to industry, quite rigorous and credible," says Collins.

The School offers open enrolment to its more than 600 non-degree courses — meaning learners can take courses one at a time rather than signing up for all of the courses that make up one of the 80 specialized certificate programs at the same time.

Also available are three delivery methods from which students can choose: in-class and online or hybrid, which combines the two.

"If you're a person who needs to be kept on track and craves social interaction, I would advise in-class courses, which are available at all three of our campuses," says Collins. "Online, meanwhile, is a great option for someone who doesn't have the time to get to class. We have 91 countries represented in our online courses so you interact with learners from all over the world.

"And we are finding hybrid, which consists of a number of in-person meetings during the semester and online in between, is attracting people from outside of the immediate Toronto area, such as Barrie, who may be further out but still want to connect with others in a real-time format at times."

No matter the format, says Collins, industry professionals, who are still active in their field and support students in not only their studies but also through networking opportunities, teach courses.

"The atmosphere is really collegial," she says. "Our instructors are subject experts and students will find they are not a sage on the stage but a guide on the side, who also realize they can learn from their students."

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metro SPORTS

Manny Ramirez has agreed to terms with the Kochi Fighting Dogs of Japan's independent Shikoku Island League

Johnson feeling the snub

MLS

Ex-TFC player says he left because he was 'disrespected'

Former Toronto FC midfielder Will Johnson believed he was embarking on a long-term relationship when he signed with the Reds in December 2015.

But a little more than a year after the Canadian international was acquired by his hometown team, Johnson joined Orlando City FC as a free agent, signing a two-year deal, with an option for a third, late last month.

Johnson said he leaves Toronto — and teammates he really enjoyed — "very disappointed." The reason? The team, Johnson said, never gave him a fair chance to get back into the lineup when he returned from an injury he suffered while scoring a Canadian Championship-winning goal in late June.

Talks with Reds president Bill Manning and general manager Tim Bezbatchenko never got off the ground after Johnson became a free agent in early December, he said.

"I was very honest with them," Johnson said. "I told them that I felt disrespected in terms of getting an injury, sacrificing myself for the group, and then I felt like I never received a fair chance when I got back."

"I wanted to stay but sometimes things just don't work out and it's better to walk. Will Johnson

Johnson played a full 90 minutes in all but three of Toronto's first 15 regular-season games last year. He ensured the Reds' only trophy of the season on June 29 after launching himself at a loose ball dropped by Vancouver Whitecaps keeper David Ousted in the Canadian championship final. The injury-time goal gave Toronto the title on away goals, but Johnson broke a bone in his leg on the play.

By the time he was available again, for the final 10 regular-season games, Toronto had signed another central midfielder, Armando Cooper. Johnson logged only three more starts for the Reds on the way to the MLS Cup final in December.

Johnson, 28, said other teammates didn't face new competition when they returned from injuries.

"Clint (Irwin) got hurt, they didn't go out and get another goalkeeper. Michael (Bradley) got hurt, they didn't go get another centre mid. Seba (Giovinco) got hurt, they didn't go get another striker," he said.

"For whatever reason, (TFC coach) Greg (Vanney) didn't give me the same fair shake he gave everybody else who got hurt. And especially the way I got hurt, making the sacrifice for the club, made it an easy decision for me to walk away."

Johnson said he would have happily sacrificed his starting role with the "right conversation" both on and off the field.

Now, though, he's looking forward. Orlando offers a new stadium, a reunion with coach Jason Kreis (who he played under for five years at Real Salt Lake, winning an MLS Cup in 2009), and the challenge of a club still in its infancy. TORSTAR NEWS SERVICE

NCAA CRIMSON TIDE AND TIGERS FACE OFF IN NATIONAL CHAMPIONSHIP
Alabama running back Bo Scarborough rumbles into the end zone to give the Crimson Tide the early lead over the Clemson Tigers in the NCAA national championship game on Monday night in Tampa, Fla. Go to metronews.ca for more from the game.
KEVIN C. COX/GETTY IMAGES

RUGBY

Wolfpack sign their first player from Ontario

The Toronto Wolfpack have added some local flavour to their squad by signing Canadian international prop Chad Bain.

The 24-year-old from Belleville, Ont., has worked hard for his chance in rugby, moving to England to play amateur rugby league (Bradford Dudley Hill RLFC) and union (Bradford Salem RFC).

"(Rugby league) quickly became my game. I love the physicality of it," said the six-foot 260-pounder.

The Toronto team is set to begin play in March in the Kingstone Press League 1, the third tier of English rugby league. The goal is to win promotion and eventually work its way up to the elite Super League.

Bain returned home in July and made an impression at the Wolfpack's Toronto tryout session in September. Bain, the team's first Ontario signing, was one of 18 finalists selected from tryouts in Canada, the U.S. and Jamaica to train with the club in England.

Chad Bain
TORONTO WOLFPACK/ THE CANADIAN PRESS

"I loved it," he said. "Whether I made it or not at that point, I had a great experience. It was a great group of guys. There was really no animosity towards each other. We were all competing but you wouldn't know it."

Bain was named man of the match in the trialists' 28-26 win over a local club, Brighouse Rangers ARLFC, last month in England.

"He worked really hard and has proven to us that he has what it takes to contribute to the squad, and it's even better that he is a native of our province of Ontario," Wolfpack CEO Eric Perez said in a statement.

Bain got the good news Sunday.

"Throughout the trials he has excelled at overcoming obstacles, and like his playing style, he has smashed them out of the way," said Brian Noble, the Wolfpack's director of rugby. "Now the hard work begins."

Bain expects to fly to England later this week to resume training with the team.
THE CANADIAN PRESS

IN BRIEF

Packers' versatility will be needed if Nelson is out
Wide receivers for the Green Bay Packers are trained to handle any position. That versatility will come in handy for the Packers if Jordy Nelson misses the divisional-round playoff game against the Dallas Cowboys this weekend due to a rib injury.

Nelson will sit out practice midweek to focus on rehab for the injury, though McCarthy said his top receiver may be cleared to play in Dallas.
THE ASSOCIATED PRESS

It's time for him to grow.
New York Giants general manager Jerry Reese on Odell Beckham Jr., pictured, who allegedly punched a hole in a wall outside the Giants' locker room at Lambeau Field after Sunday night's 38-13 loss to the Packers.

Manning and Spurrier set for college football HOF
Peyton Manning and his Southeastern Conference nemesis, former Florida coach Steve Spurrier, will go into the College Football Hall of Fame together.

The rest of the new Hall of Fame class of 13 players and coaches announced Monday includes Southern California Heisman Trophy winner Matt Leinart, San Diego State running back Marshall Faulk and Danny Ford. THE ASSOCIATED PRESS

Ronaldo wins FIFA's best player award for 4th time
Cristiano Ronaldo received FIFA's best player award for the fourth time on Monday, after Portugal and Real Madrid won both major European titles in 2016.

He beat runner-up and great rival Lionel Messi and Antoine Griezmann to complete a sweep of top individual awards.
THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

The good and bad of resurgent Leafs

NHL

Toronto back in playoff hunt but still have kinks to iron

The Toronto Maple Leafs have defied pre-season forecasts by entering their bye week two points out of third place in the Atlantic Division. The Leafs have been propelled in part by good goaltending and the biggest and most productive rookie crop in the NHL. Here is a look at three areas that have gone right so far, and three things the Leafs need to improve on:

THE GOOD

The prize rookie: The Leafs anointed Auston Matthews as one of the team's four centres from Day 1 and Matthews has delivered excellent results. Despite a 13-game goal-scoring slump that covered most of November, the 19-year-old is tied for third in the NHL (through Sunday) with 21 goals, second in rookie scoring, and strongly in the running for an NHL all-star berth.

The power play: The Leafs have developed two strong power-play units, a luxury few teams have, with Matthews a central figure on one unit and fellow teen Mitch Marner a key component of the other. Three of their top five scorers with the man advantage are rookies — William Nylander (15 points), Matthews (11) and Marner (9). Toronto leads the NHL with a 29.0 per cent success rate on the road.

Separate stars: Coach Mike Babcock has resisted the temptation to play Marner and Matthews on the same line, instead putting the fourth overall pick from 2015 with Tyler Bozak and James van Riemsdyk. That line has been the Leafs' most productive, and Marner leads all NHL rookies in assists with 22.

THE NOT SO GOOD

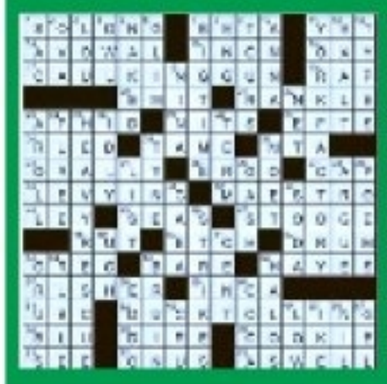
Looking out for No. 2: Jhonas Enroth was a bust as a backup goalie, going 0-3-1 with an .872 save percentage, and the Leafs have experimented with Antoine Bibeau (1-1-0, .927). The question is, do they have enough faith in Bibeau to have him serve that role for the rest of the season?

Bruise-free blue line: It's a fine line here for the Leafs, because their best defencemen aren't their most physical. When they need a shutdown blueliner to help protect a lead, they can turn to Roman Polak or Matt Hunwick, but they can't expect the likes of Morgan Rielly and Jake Gardiner to turn into Shea Weber.

A hole in the own zone: As has been seen with frequent blown leads in the third period, Toronto can struggle when under pressure in its own zone. The Leafs must learn the value of simply flipping the puck high in the air and out of the zone when necessary. The first-place Canadiens gave them a lesson in protecting leads Saturday, draping the Leafs in their own zone and the neutral zone. And Toronto, which prides itself on possession, finally began flipping the puck to relieve the pressure.

TORSTAR NEWS SERVICE

PLAY Yesterday's Answers
from your daily crossword and Sudoku



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MAKE IT TONIGHT

Hearty Pasta e Fagioli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is it a soup? Is it a pasta? Who cares when it's hearty and healthy.

Ready in 35 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 mushrooms cleaned and sliced
- 1 14 oz. can of cannelini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

1. Sauté onion, garlic and celery in olive oil till soft, 3 minutes. Add carrots and cook 2 minutes before adding zucchini and mushrooms. Let soften before adding the stock.

2. Drain can of cannelini beans and scoop out 1/3 cup and mash roughly. Put mashed and unmashed beans into pot and stir. Cover and simmer 5 minutes.

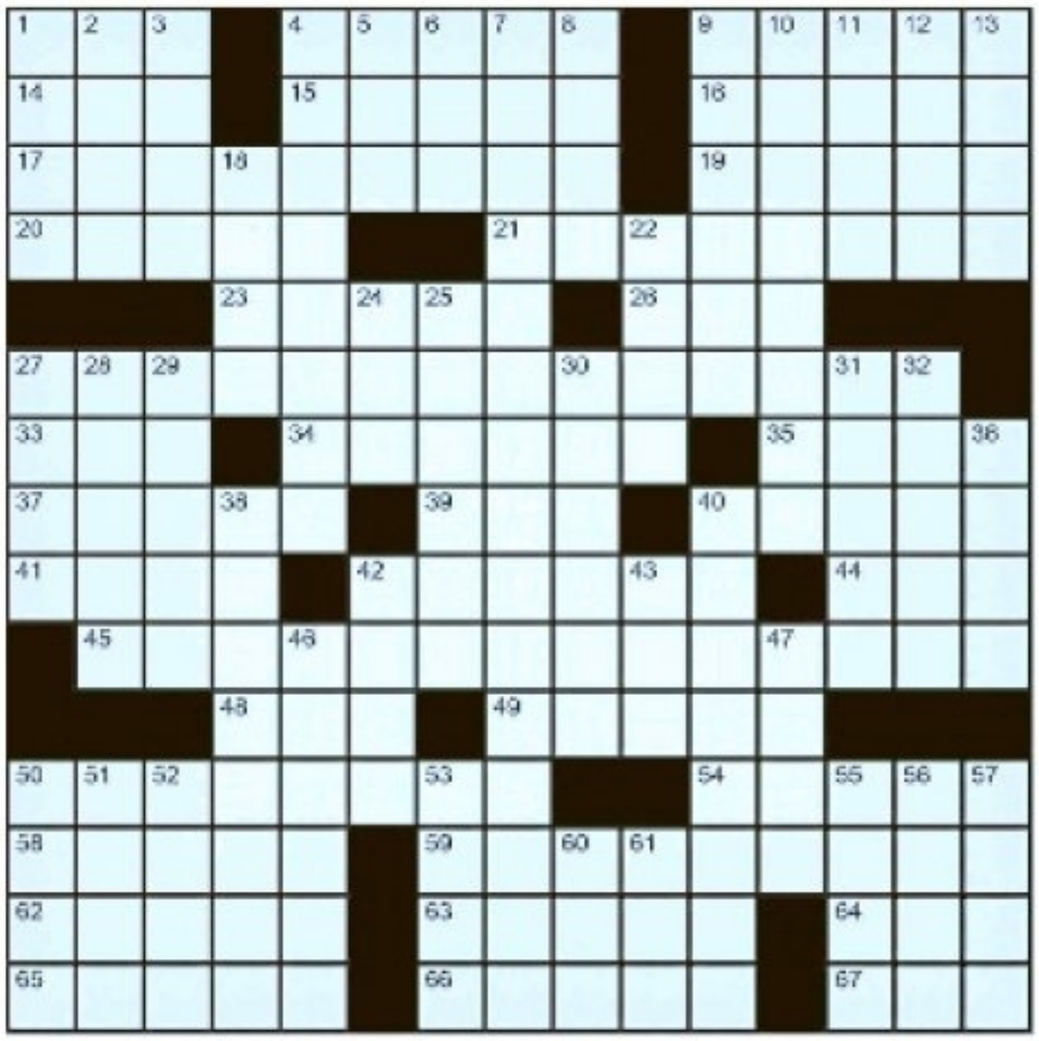
3. Drain tomatoes and add, breaking up with spoon. Simmer 5 minutes.

4. Add cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Texter's pal
4. A belt is worn around one
9. "American _ Warrior" (NBC's obstacle course show)
14. Ghost's communication...
15. When a long lunch might end: 2 wds.
16. The Hunter constellation
17. Sweetly soothe a sour situation
19. Jabbed
20. Celebrity chef Mario Batali always wears orange ones
21. Close-ivity
23. Belonging to the "Good Times" disco group
26. Plant seeds
27. Vancouver's great Spirit of the West: 3 wds.
33. Ms. MacGraw
34. Glenn Gould played them
35. Street
37. Belonging to NYC's legendary punk club
39. "Rhoda"' production co.
40. Stephen King's fictional Maine town
41. Charlie Chaplin's last wife
42. 11:55am or 2:55pm ...in two other words
44. Culpa's partner
45. Futuristic comic series by Brian K. Vaughan and Steve Skroce (with colouring by Matt Hollingsworth) about Canadian freedom fighters: 4 wds.
48. French possessive
49. Novel's I'il opening
50. Get less noisy: 2 wds.
54. "Don't mind _ _ _!"
58. Send _ _ (Communicate via Hallmark)
59. Trailblazer
62. Not like The Fonz
63. Rent
64. Niblets holder
65. Soddy stuff
66. Laundromat
67. Timecard abbr.

DOWN
1. Pear variety
2. Bobby Orr's number
3. Island off of Newfoundland
4. Navy vessels
5. Airport tower [acronym]
6. Figure skater Midori
7. Couch potato's retro meal: 3 wds.
8. Books-carrying bag
9. "I've got this, don't worry.": 2 wds.
10. Pots and kettles and pans
11. Ancient winged goddess
12. Smokey _ Cafe (Leiber & Stoller musical revue)
13. Pluses
18. Invoice abbr.
22. Inquires
24. Here: French
25. Stuff tightly: 2 wds.
27. Prefix to 'phony' (Harsh noise)
28. Arm joint
29. Line: French
30. "Get real.": 2 wds.
31. _ Jean, "Candle in the Wind" lady
32. One saying "I bet you can't..."
36. Pair
38. "Inglourious _" (2009)
40. Fictional setting in Saskatchewan of "Corner Gas": 2 wds.
42. Burkina _ (Nation in West Africa)
43. Mtn. blaster
46. 26th Pres. Mr. Roosevelt's
47. _ _ _ (Edmonton sch.)
50. Hungry feeling
51. Frosting applier
52. Prefix to 'normal'
53. Untamed
55. Pining
56. House entrance
57. Spheres
60. Negative vote
61. 'Lact' suffix

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
One thing is certain today: You will be surprised by bosses and authority figures. That's because parents, VIPs and teachers will do something that is completely unpredictable.

Taurus April 21 - May 21
Sudden opportunities to travel might fall into your lap today. Alternatively, plans for travel might be cancelled, delayed or changed. Yes, it's a crapshoot.

Gemini May 22 - June 21
Double-check all details concerning inheritances, shared property, insurance issues and debt, because something unexpected will affect these areas.

Cancer June 22 - July 23
A partner or close friend will surprise you today. This person might demand more freedom in the relationship, or he or she might make an unusual suggestion. Think twice before you respond.

Leo July 24 - Aug. 23
Equipment at work might break down today. This is a classic day for computer breakdowns. Something unexpected will create delays and detours on the job.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day, so be extra vigilant. Know where they are at all times. Social events might be changed in some way.

Libra Sept. 24 - Oct. 23
Something will interrupt your home routine today. Small appliances might break down. Minor breakages could Someone unexpected might appear at your door.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so be extra careful. Be mindful of everything you say and do. Keep your eyes open!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect your finances and possessions today. You might find money, or you might lose money. Guard your possessions against loss or theft.

Capricorn Dec. 22 - Jan. 20
You feel rebellious today. Even if you're not aware of it, you probably are impatient. Of course, it's hard to control anything that happens today, because it's all so unpredictable!

Aquarius Jan. 21 - Feb. 19
You feel restless today. You feel like you're waiting for the other shoe to drop. Don't act until you get all the information about what's going on.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone new who is avant-garde or unusual in some way.

CONCEPTIS SUDOKU by Dave Green

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